My Strengths

Set a timer for 5 minutes and reflect on this:

Consider the many aspects of being a family child care provider: building relationships with children, connecting with families, having a clean and organized space, running a business, etc. How do you personally provide a warm, inviting, comfortable, safe, and secure place for the children in your care?

What are my strengths?

I am...

I care about...

I am the first to...

I am good at...

Time's up! How do you feel? The fact is, you are talented, capable, and strong. Hold on to these reflections and refer to them when you're feeling low or just need to reset.